

Food for Children

(Two to Six Years)



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The following are sample diets—together with cooking recipes—suitable for children between the ages of two and six years:

MEALS

2 to 3 years

Breakfast, 7 a.m.

Fruit—as half an orange, 6 or 8 stewed prunes, pear or peach pulp.

Cereal—3 or 4 tablespoonfuls with milk; or egg, soft-cooked or poached.

Bread—White, or whole wheat, or Graham or toast, with butter.

Milk—1 cup, warm or cold.

Lunch, 11 a.m.

Glass of milk, with bread and butter, or Graham or oatmeal crackers.

Dinner, 2 p.m.

Broth or soup.

Meat—as fine cut beef, lamb or chicken; or fish boiled.

Vegetables selected from potatoes, fresh peas, fresh beans, spinach, cooked celery, squash, mashed turnips, or carrots.

Bread and butter.

Junket or custard, or blanc-mange.

Supper, 6 p.m.

A cereal or egg (if not taken for breakfast); or custard; or milk toast; or macaroni.

Bread and butter.

Stewed fruit.

Milk—warm or cold; or cocoa.

3 to 6 years

Breakfast, 7 a.m.

Fruit—as oranges, apples, pears or peaches.

Cereal.

Egg—soft-cooked, poached or scrambled with milk.

Bread or toast and butter.

Milk or cocoa.

Dinner, 12 noon.

Broth or soup.

Meat—as beef, lamb, mutton, or chicken; or fish boiled.

Vegetables — EXCEPT corn, cabbage, cucumbers or egg plant.

Bread and butter; simple puddings or custard.

Supper, 6 p.m.

Rice, or macaroni, soup, or cereal, or milk toast, or thick soup or corn bread.

Fruit, or custard, or junket.

Milk, warm or cold; or cocoa.

RECIPES AND COOKING

Cereals

One cupful of Rolled Oats requires 2 cupfuls of water and $\frac{1}{2}$ teaspoon of salt. Cook three hours.

One cupful of Rice requires 3 cupfuls of water and $\frac{1}{2}$ teaspoon of salt. Cook $\frac{1}{2}$ hour.

One cupful of Oatmeal or Hominy requires 4 cupfuls of water and 1 teaspoon of salt. Cook 3 hours.

One cupful of Cornmeal requires 6 cupfuls of water and 1 to 2 teaspoons of salt. Cook 3 hours.

One cupful of Wheat Preparations (Cream of Wheat, Wheatina, Farina), requires 4 to 6 cupfuls of water and 1 to 2 teaspoons of salt. Cook 1 hour.

To boiling water in top of double boiler, add salt, then add dry cereal slowly—stirring all the while. Boil five minutes, then put over lower part of boiler and cook.

Gruel may be made by thinning with milk.

Soups

Clear soups have almost no food value, but meat soups to which vegetables and barley, rice or noodles are added, are useful food. Thick soups, especially those made from peas and beans with the addition of milk, are very nutritious and cheap, and can largely replace meat and eggs in the diet.

Meats

Meats should be roasted, broiled or boiled; neither meat, chicken nor fish should be fried; roast or broiled meat should be given rare.

Meat Stews

Meat stews, such as are made from neck of mutton with potatoes and other vegetables, are to be recommended, provided they are thoroughly cooked and the fat has been removed.

Vegetables

All vegetables should be thoroughly cooked, the green ones with very little water. They should be finely mashed, or better, rubbed through a coarse sieve. Potatoes should be baked or boiled with the skins on and peeled afterwards; by ordinary peeling before cooking, at least one-sixth of the potato is wasted.

Stewed Prunes

Wash the prunes thoroughly. Soak over night in cold water. Cook slowly in same water till very soft. When nearly done, add a little sugar.

Colds And How To Avoid Them



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THE BUZZER on Brown's desk indicated that he was wanted in the inner office. Picking up his notebook he entered the holy of holies. The Boss was sitting at his desk and looking up, said:

"Have you straightened out that matter in regard to the Greensides Company?"

"Yes, sir," said Brown. Pulling his handkerchief out of his pocket he sneezed violently.

"What's the matter," said the Boss. "Got a cold coming on?"

"I expect so," said Brown. "I usually get one at this time of the year."

"If you take my advice you will go home right now and fight it out in bed. That is the only place to fight a cold properly. If you stay around here you will infect some of the rest of the staff, perhaps, including myself."

"Oh, I think it will be all right in the morning," said Brown. "A cold is not a very serious thing anyhow."

"It may be serious," said the Boss. "You should go home, take a hot bath, drink a lot of hot lemonade or hot water, go to bed and stay there for a couple of days. That will cure almost any cold. I should do that, Brown, for the sake of others as well as yourself. I am going out of town and won't be back till Monday."

Brown left the room. It was nearly five o'clock and shortly after he left for home. The draughts on the car made his condition worse, and by the time he reached his house he felt decidedly uncomfortable. His eyes and nose were weeping, chills were running up his back and he felt hot and cold alternately. However, he had had colds before and he did not think it was worth while taking it too seriously in spite of the Boss's gratuitous advice.

Accordingly he stayed up till about ten o'clock reading, then went to bed, where he tossed all night with a moderate fever. In the morning he was not feeling quite so bad and decided that he would go to the office.

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"A cold had to have its way, anyway, and it would not get better any quicker by staying at home," argued Brown.

In the office he coughed and sneezed more or less all day long and at the end of the day his cold was decidedly worse. The following morning Brown was speechless. He had a violent headache and backache and his chest felt pretty sore. He decided that he would take the Boss's advice and stay in bed after all.

The developments in Brown's case were the following: He had a severe sore throat; he lost his voice for a week; he developed bronchitis which stayed with him till spring; the infection spread from the nose to the ear and a week later he had to have an operation for mastoid abscess.

His whole system had received a very bad shaking up.

When Brown returned to the office a month later he was again summoned to the sanctum.

"Well, Brown, I am glad to see you back," said the Boss. "You have had a time of it. Sit down, won't you? I want to have a talk with you. In the first place I understand you did not take my advice and came to the office the following day."

"Yes, sir," said Brown.

"Well this is what has happened," said the Boss. "On the day that you came down, you undoubtedly infected Smith, the assistant bookkeeper, with the result that Smith was at home for two and a half weeks. That cost me in loss of salary, \$75. Miss Cowan, the stenographer, also contracted a cold which resulted in pneumonia and she is still away. Altogether that will probably cost me \$250 in sick pay. In your own case you were away for a month, which is costing me \$320 in sick pay. Altogether you will see that your carelessness, to put it mildly, has cost me something between six and seven hundred dollars in sick pay, decreased efficiency in the office and a considerable amount of worry. I want you to hang this sign out in the general office and see that the instructions thereon are properly carried out from now on."

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The Boss then handed Brown a card on which was printed the following directions:

NOTICE TO EMPLOYEES

On and after this date any employee in this office showing any symptoms whatever of a cold or other disease shall remain away from the office until a report from a doctor indicates that it is safe to return. In the case of a cold it is strongly advised that the **person**, follow the simple procedure recommended by this office, and which may be obtained on application from the chief clerk.

Signed J. SMITH

COLDS

A Plain Talk About This Much Neglected Ailment and the Dangers That go With it.

The "common cold" is an inflammation of the lining of the nose and throat. It starts with sneezing, a dry sensation of the nose and throat, and often general physical discomfort. Later, there is difficulty in breathing through the nose, and a discharge from the nose, first watery and then colored with matter.

Colds are Dangerous. Colds are caused by germs and are dangerous. Colds are especially dangerous to children, and the younger the child the greater is the danger. Once these germs get a foothold in the nose and throat, they may spread to other parts of the body, particularly the lungs, and set up bronchitis or pneumonia. A cold also weakens the child and makes it more liable to catch some other disease.

The name "cold" is misleading, for it is the dry, over-heated air that we breathe indoors in the winter time that makes us liable to get a chill and give the germs a chance to start trouble.

How a Cold Spreads. The germs that cause colds come from a person who has a cold and are spread by the secretions of the nose and throat in the spray of a cough or sneeze or in kissing or by the use of improperly washed cups and spoons, pencils or anything that touches the mouth.

How to Prevent Colds. If you have a cold, do not pass it on to others. See that the discharges of your nose and throat do not reach other people. Cover your nose and mouth when you cough or sneeze. Keep away from children and, above all, do not kiss them.

Protect your Baby. The mother of a young infant must be very careful if she herself has a cold. She should always wash her hands with soap and water before touching the child or his food. She should not kiss the baby nor allow him to use her handkerchief. While nursing the baby the mother should wear a mask of six thicknesses of cheesecloth to prevent a cough or sneeze carrying the cold to the baby. Colds are most dangerous to the young infant, for they often lead to pneumonia.

Keep Fit. Good general health will do much to prevent colds. Take exercise out-of-doors, have fresh air indoors without chilling and eat simple, nourishing food. The skin and bowels should be kept in order and plenty of sleep is important.

HEALTH EDUCATION SERIES

Copies of the following leaflets may be obtained free upon application to any Red Cross Provincial Division:—

The Community Health Centre.

The Public Health Nurse.

Care Before Birth.

Breast Feeding.

Bottle Feeding.

Weaning the Baby.

Feeding Babies During the Second Year.

Care of the Teeth.

Colds and How to Avoid Them.



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